**R.A.C.E RIDER BOOKLET**

**2025 SEASON**



67 Olinda Street Quarry Hill VIC 3550

**Proudly Sponsored by:**

**Goldfields Cycles Sports Club**

**Blackchrome Sports**

# INTRODUCTION

Welcome to the **Regional Academy of Cycling Excellence, or RACE for short**. RACE is a **not-for-profit organisation** whose focus is to **foster talent and encourage “Life Balance and Skills”** amongst male and female cyclists in the development stage of their cycling careers.

RACE assists in the development of young cyclists both on and off the bike, providing guidance in managing the balance of athletic endeavour and all other facets of life, and encouraging its athletes to participate in the wider community. RACE also aims to provide pathways to the National Road Series and enlighten its athletes as to what being a member of a team involves.

Our Board members and committee are passionate about cycling. In our first 12 months we saw the team coached by people of the calibre of Tim Decker (Men’s National Track Endurance Coach) and this desire for our riders to continually be exposed to people of that stature continues.

RACE believes in the benefits of good partnerships such as previous arrangements with Bendigo South-East College Athlete Development program.

RACE has established itself as part of the landscape of regional Victorian cycling, ensuring that all - the Board, coaches, riders and their families will **“*Be the best they can be*”**.

The Race board and staff would like to welcome all riders, old and new, to a new season of racing and wish everyone a successful campaign in 2025.



Paul Stuckenschmidt

Chair

# R.A.C.E. TEAM OBJECTIVES:

RACE’s team objective is to prepare riders for selection into a National Road Series team (NRS). Our riders learning the unwritten rules and etiquette of NRS team expectations and team dynamics is essential if they are to graduate to the next level. A guest ride for an NRS team is a test that many fail not by how hard they push on the pedals but for poor communication skills and understanding of how a team works on and off the bike. Education on this topic is an invaluable service RACE offers its athletes**.**

# WHAT RACE PROVIDES ITS ATHLETES

* A contract term of 12 months
* A Director Sportif and support staff members at target races
* A team model emulating and assisting in preparation for VRS \and NRS and team racing education
* Team training sessions
* Entries reimbursed for selected events via a reimbursement form
* Riders receive two allocations of kit from major sponsor Blackchrome. Additional kit can be purchased at cost price
* If selected for a team event, the entitlements of a team rider for that event
* Education on all facets of the responsibilities and expectations of team members, including:
	+ Appropriate training and racing attire and attitude
	+ Podium expectations
	+ The implications of non-attendance at events and failure to attend set ‘target races’ and the consequences of non-participation in team events.
* Resume, exit preparation and references

# WHAT RACE EXPECTS OF ITS ATHLETES

All RACE athletes are required to sign and abide by a Rider’s Agreement

RACE athletes are required to:

* Have a qualified cycle coach and training program, and report on the program. NOTE: As with all cycling teams, riders are always welcome to have different private coaches, however it is highly recommended that all riders have a coach.
* Attend all mandatory team functions and events, including:
	+ The Team Launch (March)
	+ Christmas sponsor’s function
	+ Social functions and fundraising efforts
	+ Team training rides when stipulated
* Meet and report training expectations
* Abide by the Team Training and Team Racing Protocols attached to the Rider Agreement
* Wear team kit at all times whether training or competing
* Adhere to the AusCylings Social Media policy as published on the Cycling Victoria website
* Assist in all RACE activities including
	+ Social media input and posting
	+ Promotions with team supporters whether via social media or other means
	+ Academy fundraising events
	+ All Academy promotional activities
* RACE requires a Rider Profile Form at the start of the season
* Wear RACE kit at all official events.

# THE 2025 SEASON

# Team Goals:

At the start of the season RACE and its athletes will plan its event schedule, taking into account not only rider development but also the potential to provide exposure for current sponsors and the potential to attract additional sponsorship deals.

## Rider Induction

All current and prospective RACE team members and their families will be contacted by the Board early in the year to discuss the year’s program for RACE and, the individual’s aims and objectives.

When the athletes and their families have committed to RACE for the year, they will be required to enter into a Rider’s Agreement.

RACE Team Communication

During 2025 we will be using WhatsApp to communicate. We would appreciate you using this to update RACE on your achievements throughout the year.

## Team Launch

The RACE Team launch is an annual event for the sponsors, riders, staff and board members to formally be introduced. At this event photos and social media and public relations are appropriate.

The Team Launch usually takes place on the long weekend in March, or on an alternative weekend that doesn’t clash with racing.

## 2025 Race Program

## The list of priority race meetings for 2025 include (where they are offered):

* All Bendigo road classics (dates to be advised)
* Bendigo Club Tour (Long weekend in June)
* Other events as advised throughout the year

# RACING

## Process for Event Selection

It is essential that the organisation and the team honours its obligation to sponsors by having a full team complement at all events that have been nominated in the planning stage, and in being professionally turned out and equipped at all times.

Occasionally riders may be unavailable for events due to unforeseeable circumstances such as crashes, poor form or private issues. Any withdrawals apologies need to be recorded and evaluated formally at the end of the season in a report made by the Director Sportif/Administration and presented to the board.

# NON-COACHED ATHLETE’S POLICY

As an Academy (an educational organisation) it is RACE’s duty to all athletes and supporters to make sure training is conducted in an organised and accountable manner.

To be eligible for any entitlements from our organisation you must submit to the Team Manager or Rider Liaison, a training plan every 6 weeks and then submit proof of training at the end of that 6 weeks.

Proof of training can be in the form of:

* Screenshot of TCX files
* Screenshot of multi ride analysis
* Screenshot of peak power records

RACE has a list of excellent qualified coaches in all areas of Victoria and would envision all athletes acquire a coach to maximise and improve your cycling.

# RACE CHILD PROTECTION FRAMEWORK

As a number of RACE riders are under the age of 18, RACE is required to have and implement a Child Protection Framework, consisting of policies, procedures and a Code of Conduct.

All adult members of RACE, ***including riders over the age of 18***, are required to understand and abide by the requirements of the Child Protection Framework. Copies of the relevant documents can be obtained from the Rider Liaison officer, Edward Barkla.

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| PROGRAMS/APPS REQUIRED Riders are recommended to install and use the following applications for date changes, power testing, and team selection notification.Strava[www.adobe.com/au/products/reader](http://www.adobe.com/au/products/reader)*PC and phone* |  |
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|  |  |
| MSOffice – Excel and Word |  |
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| *RACE CONTACT LIST:****RACE Board:****Paul Stuckenschmidt* *0409 211 181*pstuck1@outlook.com*Edward Barkla* *0407 840 245*ebarkla58@gmail.com*Peter Carr* *0428 832 958*p59carr@gmail.com *Ken Maddern (DS role)**0407 508 387**kennymaddern@gmail.com**Ken Smith* *0491137979**k\_s\_consultancy@yahoo.com.au**Graeme Geary*0412 546 754gearycycles@gmail.com*James Thompson*0407 349 782james@wrkpod.com **Mentor Riders:***Adam Jackson Toni Abisoni*0497 648 409 0407 585 006jackoadam@hotmail.com toni321@hotmail.com  |  |
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# APPENDIX 1 ROLES AND RESPONSIBILITIES OF RACE PERSONNEL

1. To create a positive and fair team spirit.
2. To manage the cycling team professionally during events, ensuring that all team protocols are adhered to.
3. To allocate appropriate support staff who are approved by the Board at relevant events. Private coaches or mentors can be used.
4. Prepare a documented plan for each event that is to be adhered to inclusive pre- and post-race tasks that will be reported back tor team management and board.
	* helps canvas team sponsorships
	* oversee and allocate appropriate mentor for Facebook Team page,
	* manage clothing registration and design and allocation to a set budget provided as per rider’s book by the board,
	* professional athlete recruitment and selection,
	* manage annual team camp attendance and training sessions and support staff.
5. Canvas and advise suitability to guest ride at NRS level.
6. Assist in the production of athlete exit resumes and provide references if required.
7. Organise team training sessions.
8. Ensure disciplinary issues are conducted within team protocol and rider dynamics are appropriate for a positive team atmosphere.
9. Communicate with athlete’s private coaches as required.

Notes:



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